



The Kidney Corner:

Calcium's role in bone health

By Dr. Mark Saddler
Durango Nephrology Associates

Calcium is important for many cell processes in our bodies, and the blood levels of calcium are kept within narrow limits. Many enzyme-driven chemical reactions in our cells are dependant on this important electrolyte. Most of the calcium in our body is stored in bone, which acts as a reservoir for calcium. The strength of our bones is dependant on their calcium content. Intake of sufficient calcium is important for healthy bones. Dairy products (milk, yogurt, cheese, etc.) are the main sources of dietary calcium. Eggs, meat and nuts are also good sources. Many people have difficulty getting enough calcium in their diet. In particular, post-menopausal women should eat adequate amounts of calcium, because of the frequency of osteoporosis (a disease in which there is a decreased amount of calcium-rich bone, which can lead to fractures). Men can also get osteoporosis, though usually at a later age than women. Patients who have been on steroid treatment (for example, prednisone) for prolonged periods are also at risk of osteoporosis. So for elderly patients, especially women, extra calcium is recommended.



This is usually taken as calcium tablets. Calcium carbonate is the cheapest and is usually sufficient, though some patients (and physicians) prefer calcium citrate, which may be better absorbed, particularly in the fasting state. In post-menopausal women, it is usually recommended that total calcium intake be 1200 to 1500 mg/day. This includes dietary plus supplemental intake. So the necessary amount of supplementation depends on how much calcium is in the diet. A person who eats and drinks dairy products typically requires about 800 to 1000 mg per day. Confusingly, these recommendations apply to the elemental calcium in a tablet, not the total weight of the calcium salt. For example, 1250 mg of calcium carbonate contains only 500

mg of calcium (the rest is the carbonate part). A good general rule is to look at the nutrition panel on the side of the container, which will tell you exactly how much calcium is in any preparation. Recent studies have raised concern about the risk of excess calcium intake contributing to blood vessel calcification. No doubt we will hear further about this as the research becomes clearer. Vitamin D is equally important for bone health. This will be the subject of a future edition of the Kidney Corner. Recommended vitamin D intake may depend on a patient's vitamin D level, and is usually around 800 – 1,000 units per day. In addition, weight-bearing exercise is vital for bone health. Bones require exercise to incorporate calcium from blood into bone. And avoidance of sodium intake helps prevent loss of calcium in the urine. Since blood levels of calcium are kept within narrow limits, the body's total calcium stores can not be estimated by testing blood. A type of bone scanning called DEXA scanning is usually used to estimate bone calcium stores. DEXA scanning gives an accurate evaluation of bone health and risk for fracture and can be repeated to reassess progress after treatment for bone disease.

Nutrition bites: Combatting diabetes

By Wendy Rice
Shining Mountain Diabetes Program

What is diabetes, this disease the news says 50 percent of Native Americans and Hispanics will get? It's when the body stops using its insulin properly or develops insulin resistance. The risk of developing diabetes increases with age, extra body weight and less physical activity. The typical adult with diabetes is older than 45, overweight, not physically active, has family history of diabetes, and often also has high blood pressure and elevated cholesterol. We're also starting to see an increasing trend of diabetes in adolescents, particularly those who tend to be older than 10, experiencing puberty, with a strong family history of diabetes. Diabetes is more common in Native Americans, African-Americans, and Hispanics. We also know that regular treatment is very effective! Maintaining or decreasing body weight 10 – 15 pounds makes a significant improvement in quality of health. Good blood glucose control, as well as controlled cholesterol and blood pressure, are also important goals. Physical activity on a regular basis, meaning exertion for at least 30 minutes a day, is recommended.

These factors, when controlled, reduce the risk of long-term complications of diabetes. **Diabetes is more common in Native Americans, African-Americans, and Hispanics. We also know that regular treatment is very effective!**

The initial strategy for diabetes is to improve food choices and meal regularity. For starters, reducing fat intake overall, especially saturated fat, is highly recommended. The second goal is to eat meals regularly throughout the day to spread nutrient intake. Third goal is to increase vegetable and fruit intake of all varieties. We know that mild-to-moderate weight loss improves control. Lifestyle changes to decrease calorie intake by a mere 200 a day while increasing energy expenditure make a huge difference over the long term. Adding physical activity daily and eliminating 200 calories

from your intake creates big results over time. It's small changes you stick with — such as eliminating sweetened drinks and fruit juices, leaving four bites of your meal on your plate, and cutting out the sweets. They're hardly noticeable, but with every passing month they could amount to less belly fat and 2 pounds lost! By summer, you will have achieved not only 10 pounds lost, but you'll be feeling better and have improved health. One small bite at a time. Heart disease and stroke strikes people with diabetes more than twice as often as others. Diabetes itself is a strong independent risk factor for heart disease. The rate of heart disease has been decline over the years, but it is still the No. 1 killer, causing over 50 percent of deaths by disease. Fats are important. The amount consumed as well as type make a significant difference. Two primary goals for fat consumption are to limit saturated fat and limit cholesterol intake. Saturated fat is linked to low-density lipoprotein cholesterol levels. This amounts to less fatty meats and less food cooked in solid fats. So cutting down your intake of bacon, lunch meats, sausage, ribs, and cream to half the amount and half as often would serve you well.

February is Heart Month

We can stop our No. 1 killer together by sharing the truth.

Do you know the warning signs of a heart attack?

Heart attack symptoms include:

- Chest pain or discomfort
- Pain or discomfort in one or both arms, shoulder, jaw, neck, back, or stomach
- Shortness of breath
- Feeling light-headed, queasy, or breaking out in a cold sweat

If you think you're having a heart attack, call 911 right away. Even if you're not sure, get checked anyway. Waiting can cause serious damage — or even death.

Facts

- Diseases of the heart and stroke are the No. 1 and No. 3 Killers of Women over the age of 25
- Heart disease is the leading cause of death for men in the United States. In 2006, 315,706 men died from it.
- Heart attack, stroke and other cardiovascular diseases claim the lives over 460,000 women each year — about a death a minute that's more lives than are claimed by the next five causes of death combined and nearly twice as many as are claimed by all forms of cancer including breast cancer.
- Heart disease is the leading cause of death for men of most racial/ethnic groups in the United States, including African Americans, American Indians or Alaska Natives, Hispanics, and whites. For Asian American men, heart disease is second only to cancer.



Please Wear Red on Fridays for the Month of February
We would like to gather on Friday February 24, 2012
And have a group picture taken at the Southern Ute Museum at 4:30
Sponsored by Southern Ute Health Service
(970) 563-0154

Information Gathered from: www.cdc.gov; and www.heart.org

Hunter Education Classes scheduled for March

Hunter education classes will be held in Ignacio, Colorado in the Buckskin Charlie Room, (2nd floor) in the Leonard C. Burch Building. Students must five (5) classes (must attend all classes): March 20, 22, 27, 28, and 29 (6:30 p.m. – 9 p.m.) The minimum age limit is 12 years of age. Pre-registration is required by calling the Southern Ute Division of Wildlife Management at 970-563-0130. The cost of the class is \$10. Class Requirements: Must attend all classes,

pass written test, and demonstrate safe handling of firearms. The class is limited to 20 participants. Class restrictions: Do not bring firearms or ammunition to class, items will be provided. For other classes in the Area (Bayfield, Durango, Pagosa Springs), please call the Colorado Division of Wildlife for times and locations 970-247- 0855 or visit their website <http://wildlife.state.co.us/Education/HunterEducationCourses/>.

Honor our children.



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Make an appointment
for yourself to
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February is Children's Dental Health Month

Southern Ute Dental Clinic
563-4581

Albuquerque Area
Dental Support Center
A program of





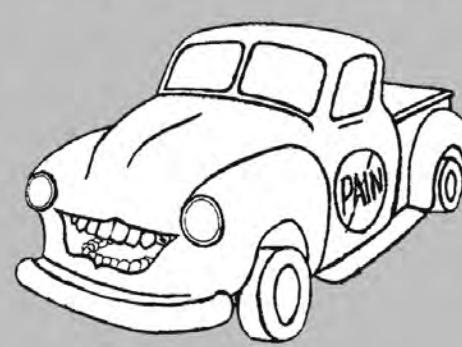
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Cleaning,
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Through Feb. 29, 2012.
Call now for your
appointment!
Not valid with any other offer.

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